



West Suburban Health Group is launching



West Suburban Witness the Fitness: a friendly walking challenge between the West Suburban Health Group government units.

April 13th - May 22nd

**12 WSHG Government Units are registered as teams:
Dedham, Dover- Sherborn Region, Keefe Tech, Natick, Natick Schools,
Sherborn, Shrewsbury, TEC, Walpole, Wayland, Wellesley & Wrentham**

- Participants log activities online at Walkingworks.com for 6 weeks
- Weekly e-mail tips and suggestions are sent to participants
- Weekly updates on team standings are forwarded to participating teams

Raffle tickets will be awarded to:

- All members of the top 3 teams
 - based on greatest average number of minutes per walker
- All individuals who reach 720 minutes of walking
 - based on an average of 30 minutes, 4 days per week

A fun & exciting opportunity of walking towards better health & fitness!

Contact Michele Craemer, WSHG Wellness Coordinator, at mbcraemer@gmail.com
for additional information.